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FROM D/N: c: US, o: U.S. Government, ou: DoD, ou: ARMY, ou: Organizations,

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G3(uc), ou: COLLECTIVE TRAINING(UC)

SUBJECT: ARMY PHYSICAL FITNESS TEST REQUIREMENTS FOR OER/NCOER AND PME FOR SOLDIERS DEPLOYED IN SUPPORT OF OIF, OEF AND GWOT

TEXT: UNCLASSIFIED//

A. REFERENCE MESSAGE, HQDA, DACS-ZB, DTG R281230Z FEB 03, SUBJECT: DEPLOYMENT IMPACT ON THE ARMY PROFESSIONAL MILITARY EDUCATION (PME) SYSTEM.

B. REFERENCE MESSAGE, HQDA, DAMO-ZA, DTG, 0310101525Z OCT 03, SUBJECT: POLICY GUIDANCE FOR DEPLOYMENT/MOBILIZATION IMPACTS ON THE ARMY'S PROFESSIONAL MILITARY EDUCATION SYSTEM.

C. AR 350-1, ARMY TRAINING AND EDUCATION.

D. AR 623-105, OFFICER EVALUATION REPORTING SYSTEM

E. AR 623-205, NONCOMMISSIONED OFFICER EVALUATION REPORTING SYSTEM

F. FM 7-0, TRAINING THE FORCE.

G. FM 21-20, PHYSICAL FITNESS TRAINING.

1. THE PURPOSE OF THIS MESSAGE IS TO PROVIDE GUIDANCE CONCERNING THE ARMY PHYSICAL FITNESS TESTING REQUIREMENT AS IT RELATES TO EVALUATION REPORTS, PME AND PHYSICAL TRAINING PROGRAMS, FOR SOLDIERS DEPLOYED AND DEPLOYING IN SUPPORT OF ONGOING COMBAT OPERATIONS AND THE GWOT.

2. THE BEST PREPARATION FOR THE PHYSICAL DEMANDS OF COMBAT IS A TOUGH, SUSTAINED PHYSICAL FITNESS PROGRAM BASED ON THE UNIT'S MOST PHYSICALLY DEMANDING METL TASKS. THERE IS NO MAGIC PROGRAM TO PREPARE PHYSICALLY UNFIT SOLDIERS IN A FEW DAYS. A HIGHLY INTENSE PROGRAM JUST PRIOR TO DEPLOYMENT IS UNWISE, SETS THE STAGE FOR INJURY, AND COULD LEAD TO AN EXHAUSTED FORCE ARRIVING IN THEATER. UNITS SHOULD FOLLOW THE PRINCIPLES OF EXERCISE OUTLINED IN FM 21-20; ESPECIALLY PROGRESSION AND RECOVERY WHEN DESIGNING EXERCISE PROGRAMS FOR DEPLOYMENT. UNITS SHOULD USE THE BACKWARD PLANNING PROCESS BASED ON THE NUMBER OF DAYS THEY ANTICIPATE THAT THEY WILL HAVE TO DO PT BEFORE DEPLOYMENT.

3. LISTED BELOW IS GUIDANCE AND SELECTED PHYSICAL FITNESS CONSIDERATIONS FOR PRE-DEPLOYMENT, DEPLOYMENT, AND POST-DEPLOYMENT PHASES OF OIF, OEF AND GWOT.

A. OER/NCOER. DEPLOYED UNITS UNABLE TO ADMINISTER THE ARMY PHYSICAL FITNESS TEST DUE TO MISSION OR CONDITIONS SHOULD ANNOTATE OFFICER EVALUATION REPORTS/NCO EVALUATION REPORTS WITH THE FOLLOWING STATEMENT: "SOLDIER WAS UNABLE TO TAKE THE APFT DURING THIS PERIOD DUE TO DEPLOYMENT FOR COMBAT OPERATIONS/CONTINGENCY OPERATIONS." HOWEVER, THE LACK OF AN APFT WITHIN LAST 12 MONTHS OF THRU DATES DOES NOT PRECLUDE COMMENTS ON THE SOLDIER'S PHYSICAL CONDITION.

B. PME. THE APFT REQUIREMENT IS WAIVED FOR SOLDIERS RETURNING FROM COMBAT OPERATIONS/GWOT DEPLOYMENT, REPORTING DIRECTLY TO A PME COURSE WITH 30 OR FEWER TRAINING DAYS. SCHOOL COMMANDANTS WILL ENSURE SOLDIERS RETURNING FROM COMBAT OPERATIONS/GWOT DEPLOYMENT, REPORTING DIRECTLY TO A PME COURSE FOR MORE THAN 30 TRAINING DAYS, MEET THE APFT STANDARDS PRIOR TO GRADUATION.

C. PRE-DEPLOYMENT.

(1) IF TIME PERMITS, UNITS NOTIFIED FOR DEPLOYMENT SHOULD CONCENTRATE ON THE UNIT'S MOST PHYSICALLY DEMANDING METL TASKS. PHYSICAL TRAINING SHOULD

INCORPORATE ACTIVITIES SUCH AS FOOT MARCHING SHORT DISTANCES (3-5 MILES) UNDER FIGHTING LOAD, LIFTING AND LOADING EQUIPMENT, CONDITIONING FOR OBSTACLE COURSE NEGOTIATION AND INDIVIDUAL MOVEMENT TECHNIQUES. PHYSICAL TRAINING SHOULD BE CONDUCTED 5 DAYS PER WEEK. REGARDLESS OF UNIT TYPE, AEROBIC ACTIVITIES SHOULD BE ALTERNATED WITH MUSCULAR STRENGTH AND ENDURANCE EXERCISES IAW FM 21-20.

(2) UNITS SHOULD CONSIDER CONDUCTING PT DURING HOT PERIODS OF THE DAY PRIOR TO DEPLOYMENT TO FACILITATE ACCLIMATIZATION. IT TAKES 8-14 DAYS TO ACCLIMATE TO A HOT, HUMID CLIMATE. WHEN DOING PT IN HOT, HUMID ENVIRONMENTS, TRAINERS MUST ADJUST THE INTENSITY TO FIT THE TEMPERATURE AND HUMIDITY AND APPLY LOGICAL PROGRESSION AND ENSURE THAT SOLDIERS DRINK ENOUGH WATER BEFORE, DURING, AND AFTER PHYSICAL TRAINING. **LEADERS MUST ENSURE THIS IS DONE WITHOUT UNDUE RISK TO SOLDIERS.**

D. DURING DEPLOYMENT. **UNITS SHOULD CONDUCT PHYSICAL TRAINING AND TESTING, IF THE MISSION AND CONDITIONS PERMIT.**

E. POST-DEPLOYMENT. **UNITS SHOULD RESUME PHYSICAL TRAINING AS SOON AS PRACTICABLE AFTER REDEPLOYMENT. LONG DEPLOYMENTS OFTEN CONTRIBUTE TO A DECLINE IN UNIT FITNESS LEVELS. THEREFORE, SOLDIERS SHOULD RE-ENTER THE PHYSICAL TRAINING PROGRAM AT A LOWER INTENSITY AND RATIONALLY PROGRESS BACK TO PRE-DEPLOYMENT TRAINING INTENSITIES OVER A PERIOD OF 60 TO 90 DAYS. UPON RETURN FROM DEPLOYMENT SOLDIERS WILL BE ADMINISTERED A RECORD APFT NO EARLIER THAN 3 MONTHS FOR AC AND 6 MONTHS FOR RC SOLDIERS.**

4. UNITS HAVING QUESTIONS CONCERNING PRE-DEPLOYMENT, DURING DEPLOYMENT AND POST-DEPLOYMENT PHYSICAL TRAINING CAN CONTACT THE US ARMY PHYSICAL FITNESS SCHOOL AT DSN 835-6330/6380.

5. POCS ARE CSM PARKER, DAMO-TRI, MR. SCHEXNAYDER, DAMO-TRL, DSN 224-9812/9701, MAJ JOHNSON, HRC, DSN 221-4140, AND SGM WILEY, 221-8009.